moving the flexible interbody spacer in the direction and along a non-linear insertion path guided by the guide rail instrument to the intervertebral disc space;

placing the flexible interbody spacer in the intervertebral disc space; and

disengaging the engagement member from the vertebra adjacent to the intervertebral disc space.

2. The method of claim **1**, further comprising after the step of engaging the engagement member but before the step of slidably engaging the flexible interbody spacer:

slidably engaging a flexible trial spacer with the guide rail instrument;

moving the flexible trial spacer along a non-linear insertion path guided by the guide rail instrument to the intervertebral disc space;

placing the flexible trial spacer in the intervertebral disc space to determine if the flexible trial spacer is the proper size; and

removing the flexible trial spacer from the intervertebral disc space.

3. The method of claim **1**, wherein the moving step includes the step of flexing the flexible interbody spacer about a lateral axis that extends between opposite side surfaces of a spacer body of the flexible interbody spacer, the flexible interbody spacer including a hinge section defined by a notch that extends into the spacer body from a bottom surface of the spacer body and terminates within the spacer body prior to reaching a top surface of the spacer body.

4. The method of claim **3**, wherein the spacer body defines a height measured from the bottom surface to the top surface, the spacer body defines a width measured from one of the opposite side surfaces to the other of the opposite side surfaces, and the width is greater than the height.

5. The method of claim **1**, wherein the disc space is the L5-S1 disc space.

6. The method of claim **1**, wherein the guide rail instrument comprises an engagement mechanism which is used to engage the vertebrae adjacent to the intervertebral disc space.

7. The method of claim **1**, wherein the step of engaging the engagement member includes the step of driving at least a portion of the engagement member through an exterior surface of the vertebra adjacent to the intervertebral disc space.

8. The method of claim **7**, wherein the driving step includes the step of rotating a drive mechanism that is operably coupled to the engagement member.

9. The method of claim **8**, wherein the end of the track is a second end, and the drive mechanism is positioned adjacent a first end of the track.

10. A method of positioning an interbody spacer into an intervertebral disc space along a non-linear approach, the intervertebral disc space defined between adjacent vertebrae, the method comprising the steps of:

positioning a guide rail instrument such that a distal end of a guide rail body of the guide rail instrument faces one of the adjacent vertebrae;

slidably engaging the interbody spacer with a track of the guide rail instrument;

moving the interbody spacer along a non-linear insertion path defined by the track, thereby articulating the interbody spacer about a lateral axis; and

after the moving step, moving the interbody spacer from the track into the intervertebral disc space such that: 1) a top surface of the interbody spacer faces one of the adjacent vertebrae, and 2) a bottom surface of the interbody spacer, that is opposite the top surface with respect to a direction that is perpendicular to the lateral axis, faces the other of the adjacent vertebrae,

wherein articulating the interbody spacer about the lateral axis includes articulating the interbody spacer about at least one hinge section that extends into a spacer body of the interbody spacer from the bottom surface and terminates within the spacer body prior to reaching the top surface.

11. The method of claim **10**, further comprising the step of positioning the guide rail instrument such that both: 1) a first end of a track is configured to receive the interbody spacer, and 2) a second end of the track faces the intervertebral disc space.

12. The method of claim **11**, further comprising the step of engaging an engagement member of the guide rail instrument with an exterior surface of one of the adjacent vertebrae, such that the engagement member both: 1) is secured relative to the one of the adjacent vertebrae, and 2) extends beyond both the distal end of the guide rail body and the second end of the track with respect to a direction defined by the non-linear insertion path.

13. The method of claim **12**, wherein the engaging step includes the step of driving at least a portion of the engagement member through an exterior surface of the one of the adjacent vertebrae.

14. The method of claim **13**, wherein the driving step includes the step of rotating a drive mechanism that is operably coupled to the engagement member.

15. The method of claim **13**, further comprising the step of disengaging the engagement member from the one of the adjacent vertebrae.

16. The method of claim **10**, wherein the interbody spacer includes a first side surface, the interbody spacer includes a second side surface opposite the first side surface with respect to a direction parallel to the lateral axis, the interbody spacer defines a width measured from the first side surface to the second side surface along the direction parallel to the lateral axis, the interbody spacer defines a height measured from the top surface to the bottom surface with respect to the direction that is perpendicular to the lateral axis, and the width is greater than the height.

17. The method of claim **10**, wherein the slidably engaging step includes the step of abutting a mating surface of the interbody spacer with the track.

18. The method of claim **10**, wherein the step of articulating the interbody spacer includes the step of rotating a portion of the interbody spacer relative to another portion of the interbody spacer.

19. The method of claim **10**, wherein the step of articulating the interbody spacer includes the step of flexing the interbody spacer.

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